

**TEXAS HIGH SCHOOL POWERLIFTING ASSOCIATION
REGION 6 DIVISION 3
POWERLIFTING CHAMPIONSHIP**

REMEMBER: Top **12** Qualify for Regionals!

DATE: March 6, 2019

PLACE: Saginaw High School
800 N. Blue Mound Rd.
Saginaw, TX 76131

FEE: **\$35** per lifter. Make checks out to **Saginaw Booster Club**

THINGS to BRING: (all forms can be found on THSPA website under Documents tab)

1. Entry fee
2. Eligibility list signed by Principal or Superintendent
3. Regional & State Meet Release form (will not carry over to State)
4. Scholarship Applications, if applicable
5. **No Drug Test form is needed for Regionals!**

SCHEDULE:

Early weigh-in	Tuesday, March 5	3:00 pm – 4:30 pm
Morning weigh-in	Wednesday, March 6	11:30 am – 1:00 pm
Coaches' Meeting		1:30 pm
National Anthem/Bars Loaded		2:00 pm

INFORMATION to BE TAKEN CARE OF AHEAD OF TIME

TOTALS: Check to see if your lifters totals are correct. Contact me immediately if they are not. Also, do the same with the spelling of lifters' names.

LAST QUALIFYING DATE: February 23. **If you plan on lifting on that date or another date that last week, please email me at r6d3@thspa.us ahead of time so that there are no mistakes in the Regional standings. Make sure your Meet Director sends the results to me or his Regional Director by email before midnight, Saturday, February 23, or the results will not be posted.**

NOTIFICATION of REGIONAL QUALIFIERS: My goal is to have all Regional Qualifiers posted on www.thspa.us by 8:00 pm, Sunday, February 24. Therefore, I will be calling/texting coaches on Sunday around 2:00 pm. There will be some changes due to the deadline of weight class declaration and from my calling/texting. Please be aware that your lifters will move up. I will send out an email with a list of qualifiers Monday morning. This will be a **DRAFT** list of qualifiers before the 4pm deadline.

DECLARATION of WEIGHT CLASS: by 4:00 pm on Monday, February 25. If you have a lifter who has qualified in more than one weight class, you must let me know which weight class he intends to compete in at the Regional meet. If I do not hear from you, he will be placed in the heavier weight class.

NO SHOWS: Your school will be billed for all athletes who qualify for the meet (Top 12) and do not compete. You must notify me that they will not be lifting so that any additional lifters may be notified and given the opportunity to compete at the Regional Meet. A school will be responsible for the entry fee if I have not been notified prior to 4:00 pm on Monday, February 25. Please be aware of your 13th – 17th place lifters as they move up the rankings.

ALTERNATE LIFTERS: I would encourage you to bring your 13th – 17th place lifters, as some lifters do not make weight. Don't forget to list them on your eligibility form and bring separate entry fees for them, as I cannot make change on either day. We will weigh them in early if you bring them!

MISCELLANEOUS INFORMATION

ADMISSION: All tickets are \$5 for ages 5 and up.

CONCESSIONS: Our Booster Club will have a concession stand and will be selling meal deals for \$7. If you can bring a separate check ahead of time for meal deals, that would be great. We can set up a billing system for your school as well. Our concession stand will be serving lunch and snacks all day.

T-SHIRTS: Regional t-shirts will be available.

STATE MEET INFO: The State Meet will be held at the Taylor County Coliseum in Abilene on March 23, 2019. Please let your parents know that if they would like to place a personal ad in the State Meet Program, they will need to fill out the State Meet Advertising form on the THSPA website. Deadline for that will be Monday, March 11th, at 4 pm. As the State Meet gets closer, please check the THSPA website as more information becomes available.

Hopefully, I've covered everything that you will need for the Regional meet. If you have any questions, please contact me.

Sincerely,

Tim Mynarcik

E-mail: r6d3@thspa.us

Cell Phone: 940-393-8546

Work Phone: 817-306-0914